Refrigerator

- Yogurt (whole milk unsweetened)
- Perfect Bars
- Cheese (goat, feta, parmesan, cheddar)
- Cream cheese
- Bacon
- Eggs
- Butter
- Ground beef
- Ground turkey/chicken
- Chicken breasts/thighs
- Italian sausage

Produce

- Lemons
- Garlic
- Onions
- Peppers
- Cucumbers
- Avocados
- Broccoli
- Cauliflower
- Potatoes/ sweet potatoes
- Lettuce/spinach/ kale
- Butternut squash
- Spaghetti squash
- Bananas
- Apples
- Blueberries
- Celery
- Carrots

Shelf Stable

- Larabars
- Evoo
- Applesauce
- Epic Bars
- Triscuits
- Rice
- Love Grown Power O's
- Almond milk
- Almonds
- Pecans
- Beans black/pinto/garbanzo
- Marinara sauce
- Pasta
- "Soy" sauce
- Taco shells
- Peanut butter
- Pretzels − spelt
- Crackers (simple mills)
- Chocolate chips
- Tortillas
- Almond flour
- Whole wheat pitas
- Granola
- Canned tuna
- Canned salmon
- Canned sweet potatoes
- Rice cakes
- Popcorn
- Bread

Frozen

- Vegetables (stir fry, broccoli, kale, spinach)
- Fruit for smoothies
- Perogies
- Salmon
- Cod
- Shrimp
- Meatballs

Check on:

- Spices
- Baking supplies
 (specifically yeast, AP
 flour, baking soda/
 powder)
- Honey
- Maple Syrup

Other

- Dog/ cat food/litter
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